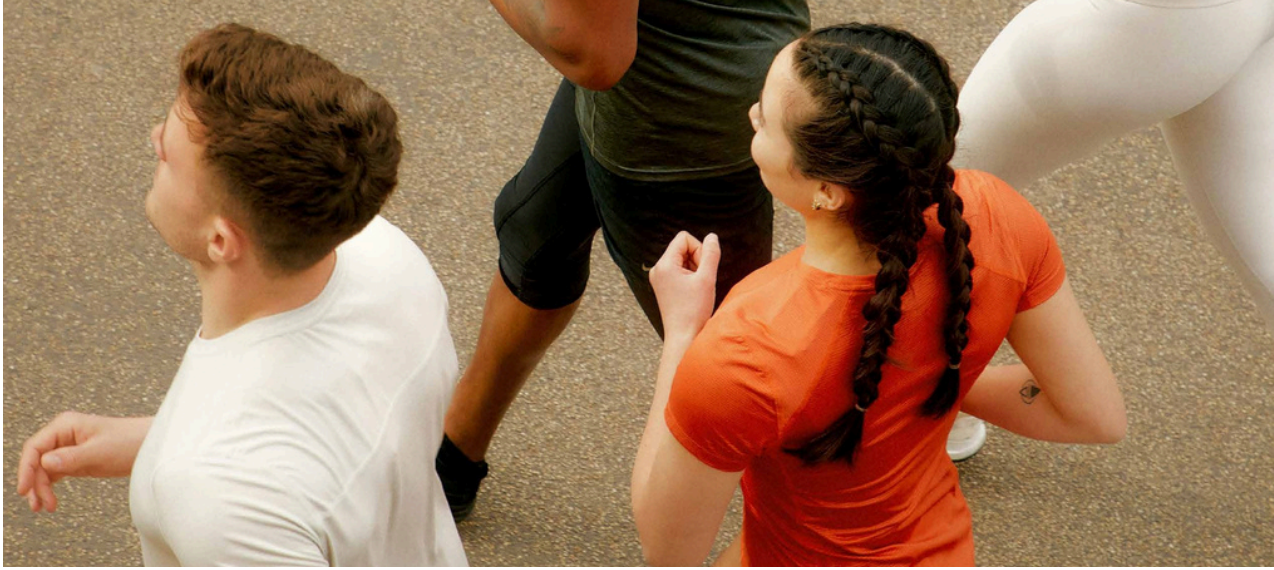


MODERE BODY TRANSFORMATION SYSTEM GUIDE



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Welcome To Your Transformation Journey

Welcome to the Modere Body Transformation System! You're about to embark on a holistic and sustainable journey toward weight management, improved overall well-being and a healthier you!

By combining premium products, proven strategies, and flexible lifestyle changes, this system is designed to help you **target stubborn fat stores, support body composition, optimise your body's fat-burning processes and enhance your overall vitality.** But this is not just about shedding weight—it's about **transforming your habits, mindset, and lifestyle** to help you feel your absolute best.

This guide is your companion to navigating the Modere Body Transformation System. Whether you're a seasoned wellness enthusiast or just starting out, we've designed it to be simple, practical, and adaptable to your unique needs.

What you'll learn in this guide

- How to use our scientifically formulated supplements to target fat metabolism, reduce cravings, and balance your body's internal processes
- Simple and sustainable nutritional guidance to stabilise blood sugar and fuel your body with the nutrients it needs.
- How to include different forms of exercise/activity to support fat loss, muscle growth, and overall health, regardless of your fitness levels.
- How to balance other health areas such as sleep, stress management, and motivation for long-term weight management.

A Lifestyle, Not a Quick Fix

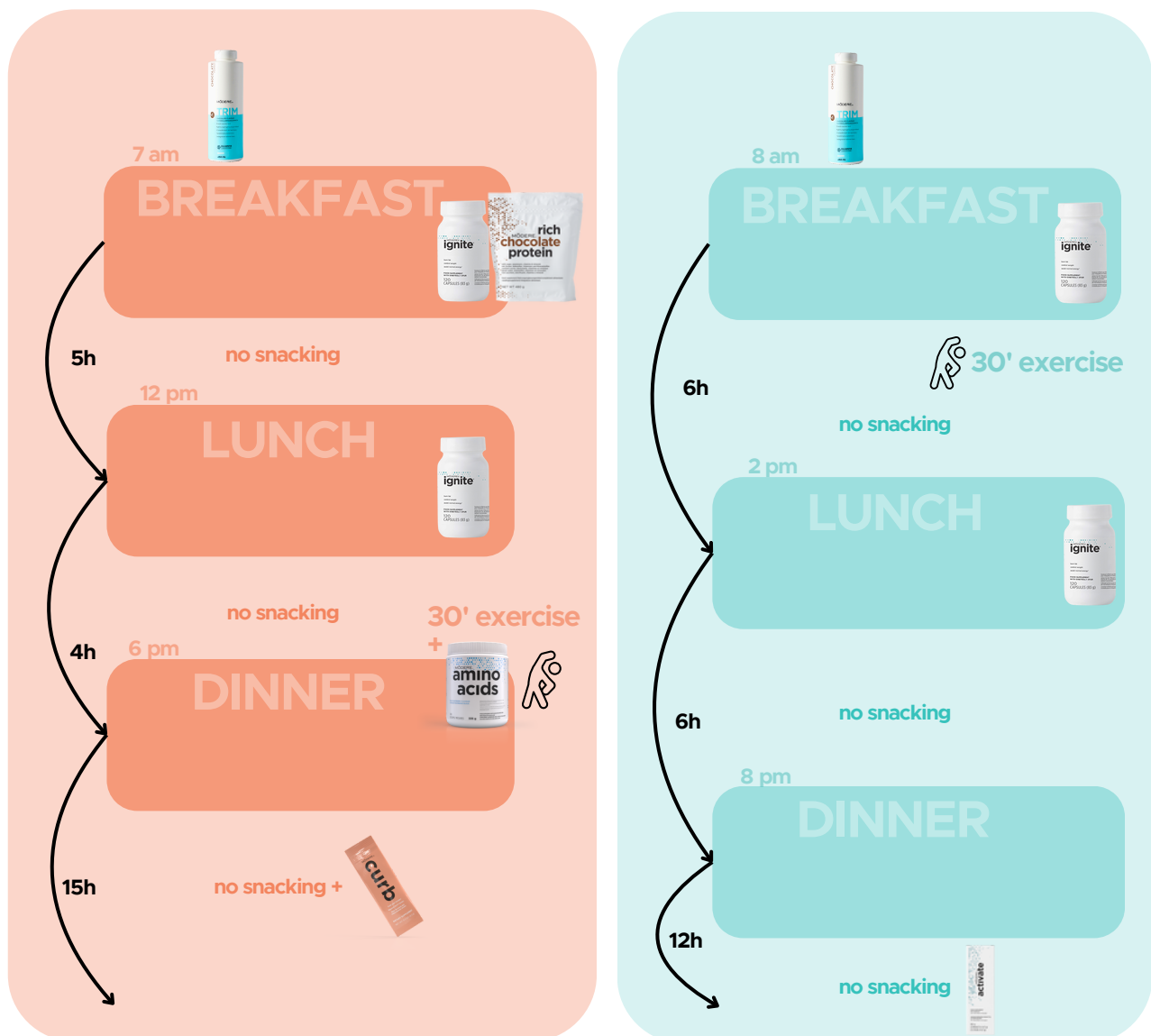
The Modere Body Transformation System is about **creating habits that last.** It's not just about what you'll lose but what you'll gain—confidence, energy, and a healthier relationship with your body. You have everything you need to succeed, and we're here to guide you every step of the way.



A day on the Body Transformation System

The Body Transformation System includes a meal plan with partial fasting and low-GI, balanced meals combined with physical activity and our Modere nutritional supplements.

To help you see how it all fits into place we've put together 2 examples of what your day might look like whilst on the programme. Depending on the collection you've chosen, make sure to take the supplements at the recommended times, and following product directions. Use the meal plan and recipe book to get inspired and personalise it to your own tastes and preferences.



See the Product Breakdown page for recommended usage of each product.

Product Breakdown

The Modere Body Transformation System combines targeted products designed to support weight management, boost metabolism, and enhance overall well-being. Below is a breakdown of each product in the Complete Transformation Collection, its key ingredients, and how to use them effectively.

CURB



Curb your appetite¹ and promote natural GLP-1 production, a hormone that signals to your brain that you're full.

Primary Benefits:

- Curbs appetite¹ to help you reduce snacking between meals, minimise hunger cravings¹ and eat smaller portion sizes.
- Supports both immediate and long-term weight management by helping you colonise more lean gut² bacteria (Akkermansia).
- Supports normal blood sugar levels³ to reach fat burning faster.
- Includes natural ingredients that teach your body to support healthy weight naturally.¹

Dosage: Mix 1 sachet in 200mL of water once daily between meals when feeling hungry or 30 minutes before a meal. Mix well.

¹ Glucosmannan in the context of an energy restricted diet contributes to weight loss. The beneficial effect is obtained with a daily intake of 3 g of glucosmannan in three doses of 1 g each, together with 1-2 glasses of water, before meals and in the context of an energy-restricted diet.

² Solnu[®] supports colonisation of lean gut bacteria

³ Chromium contributes to the maintenance of normal blood glucose levels.

AMINO ACIDS

Amplify your workout and maintain normal muscle function.

Primary Benefits:

- Supports lean muscle, especially when combined with resistance training and a healthy diet.
- Contributes to the maintenance of normal muscle function.¹
- Delivers ideal 2:1:1 ratio of BCAAs : L-leucine, L- isoleucine and L-valine.

Dosage: Mix 1 scoop with 200mL of water. Mix well. Take once daily during or after a workout.

¹ Vitamin D contributes to the maintenance of normal muscle function.



IGNITE

Boost your metabolism¹ and help burn more calories with plant-derived thermogenic ingredients.

Primary Benefits:

- Increases energy levels³ and metabolic rate² for effective calorie-burning¹
- Supports resting metabolic rate and energy expenditure.³
- Contributes to weight control.¹
- Helps maintain healthy blood sugar levels² already within a normal range to help reduce unwanted cravings.

Dosage: Take 2 capsules with breakfast and 2 capsules with lunch. Allow at least 3 hours between breakfast and lunch. Do not take on an empty stomach.

¹ Guarana seed contributes to fat metabolism and weight control.

² Chromium contributes to the maintenance of normal blood glucose levels.

³ Camellia sinensis (green tea) assists normal energy.



Always read the label. Follow the directions for use. Weight management programmes take time and personal commitment to be effective and also require diet, exercise and lifestyle changes. Ask your health professional for advice.





TRIM

Support your body transformation with a boost of collagen ha Matrix® Technology & Ultra-concentrated CLA

Primary Benefits:

- Supports body composition & weight management.
- Increases skin's collagen to improves skin's hydration, firmness and elasticity, which is particularly beneficial when losing weight.
- Liquid formula for better absorption and results.

Dosage: Shake well. Take 1 tablespoon (15 mL), preferably in the morning.

RICH PROTEIN

Fuel your day and improve muscle tone with plant-sourced protein, MCTs and key nutrients

Primary Benefits:

- Assists in preserving lean muscle mass¹ and fuelling the body.
- Supports a healthy fat-to-muscle ratio.
- Help improve muscle tone.¹
- Provides key nutrients to support weight management.

Dosage: Mix two heaped tablespoons (32g) into 200mL of water. It may also be mixed with a milk of choice. Stir or shake until dissolved. One to two servings per day.

¹ protein contributes to the maintenance of and growth in muscle mass.



ACTIVATE

Kick start your digestion and help your liver cleanse the body with a 3-day cleanse

Primary Benefits:

- Supports normal digestion.¹
- Helps your liver cleanse the body.²

Dosage: Mix one packet with 250ml of water. Take one packet each day for three consecutive days per month.

¹ Dandelion Leaf & Root Extract helps to support normal digestion
² Milk Thistle Seed Extract contributes to normal liver function.

WHITE KIDNEY BEAN & FIBER

Part of the "assist" collection these products offer you a caffeine-free body transformation experience

Primary Benefits:

- Provides an easy and convenient way to support a healthy meal plan.
- Can help with metabolising carbs.
- Fibre supports your natural rhythm.
- Simple, easy way to stay on top of your fibre intake.

Dosage: Fiber: Mix 2 scoops with 250ml of water.

White Kidney Bean: Take 3 capsules with a meal once a day.



The meal plan

The Body Transformation System meal plan combines the **4-4-12 method**, **low glycemic balanced eating** and whole, nutrient-dense foods, to fuel your body, stabilise your energy, and support fat loss. It also includes a **reset meal** to allow for a flexible, durable way of incorporating the plan into your everyday life.

The 4-4-12 Method

This simple and sustainable approach to structured fasting helps regulate your metabolism, stabilise blood sugar, and optimise fat-burning, by allowing your insulin levels to drop and your body to begin burning stored fat without extreme dietary changes. By eating every four hours, you can also curb snacking and minimise frequent insulin spikes, keeping cravings in check.

How to Implement the 4-4-12 Method?

It involves leaving at least **4 Hours Between Meals** and at least a **12-Hour Overnight Fast** between your last meal of the day and breakfast. So, it suggests that you eat breakfast, wait at least four hours, eat lunch, wait at least four hours, eat dinner, and then wait 12 hours until breakfast the next morning. Avoid snacks between meals to allow your body to fully digest and shift into fat-burning zone.

The 4-4-12 method should fit seamlessly into your lifestyle and daily routine, so there are no strict times to adhere to. As long as you respect the minimum 4h or 12h breaks between meals you can adapt it as you need.

Examples of a day on 4-4-12

6AM BREAKFAST



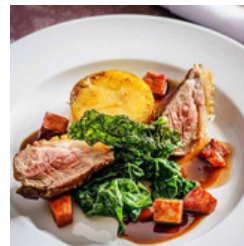
WAIT AT LEAST
4 HOURS
NO SNACKING

12PM LUNCH



WAIT AT LEAST
4 HOURS
NO SNACKING

5PM DINNER



WAIT AT LEAST
12 HOURS
NO SNACKING

10AM BREAKFAST

2PM LUNCH

7PM DINNER

Low Glycemic eating

Balanced, low glycemic eating, is a powerful way to fuel your body, stabilise your energy, limit cravings and support fat loss. By choosing foods that digest slowly and release energy steadily, you can avoid the spikes and crashes associated with processed, high-glycemic foods. This approach isn't about cutting out food groups or obsessing over calories—it's about nourishing your body with a thoughtful balance of carbohydrates, protein, fat and a wide variety of vitamins, minerals, and antioxidants.

The **glycemic index (GI)** measures how quickly a food raises blood sugar levels. Foods are ranked on a scale from 0 to 100:

- **Low GI (≤ 55):** Foods that cause a gradual rise in blood sugar.
- **Moderate GI (56–69):** Foods that cause a moderate increase in blood sugar .
- **High GI (≥ 70):** Foods that cause a rapid spike in blood sugar.

You should be aiming to **include Low GI foods** mostly and limit High GI foods that will cause your blood sugar spike frequently and lead to fat storage and increased hunger.

You can find our table of frequently consumed foods classified by GI by scanning the QR code.

How to Build Balanced, Low Glycemic Meals

To create balanced meals, focus on combining low glycemic carbohydrates with lean proteins, healthy fats, and plenty of fibre. This combination slows digestion and supports stable energy.

1. Start with Slow-Digesting Carbohydrates

Carbs are essential for energy, but choosing the right ones is key. Low glycemic carbs provide sustained energy without causing blood sugar spikes. Daily Goal: Focus on complex carbs paired with protein and healthy fats to stabilise blood sugar. Sources: Sweet potatoes, oats, quinoa, brown rice, fruits, vegetables.

2. Add a Lean Protein Source

Protein slows the digestion of carbohydrates, helping to stabilise blood sugar levels. It also supports muscle repair and keeps you feeling full longer. Daily Goal: Aim for 1.2–2.0 grams of protein per kilogram of body weight for fat loss and muscle maintenance. Sources: Lean meats, fish, eggs, tofu, legumes, Modere's Rich Chocolate Protein Powder.



3. Include Healthy Fats

Fats are essential for hormone production, brain health, and satiety. They also slow the absorption of glucose, keeping your energy steady. Daily Goal: Include healthy fats in every meal (e.g. a handful of nuts or 1 tablespoon of olive oil). Sources: Avocados, nuts, seeds, olive oil, fatty fish, coconut oil.

4. Boost Fibre Intake

Fibre slows the absorption of sugar, promotes gut health, and enhances satiety. Include high-fibre foods like vegetables, legumes, whole grains, and fruits in every meal.



Reset meal 1x/week

The reset meal is designed to help "reset" or recalibrate the body. Diets that are too restrictive leave too much room for guilt and failure. People can't keep up with diets that are too impractical to maintain as a lifestyle. Part of our Body Transformation System includes having 1 reset meal each week. This meal allows you to eat whatever you want for one meal.

Reset Meal Tips:

- Take Curb before eating
- Keep your meal to 60 minutes
- Don't go too crazy!

Hydrate!

Dehydration can mimic hunger and lead to unnecessary snacking. Drink at least 2–3 litres of water daily to support digestion and energy levels.

It's important to consider that eating schedules might not be suitable for everyone. If you're thinking about trying 4-4-12, it's a good idea to consult with a healthcare professional to ensure it aligns with your individual health needs and goals.



Get Moving!

Exercise is important because it improves physical health by strengthening muscles, boosting cardiovascular function and helping to maintain a healthy weight. Beyond the physical benefits, exercise enhances mental well-being by releasing endorphins, reducing stress, and supporting better sleep and mood. Regular exercise also supports long-term health and it improves overall energy, resilience, and quality of life.

Exercise Plan: 30 minutes movement at least 5 x a week

This is critical for fat loss as it not only helps create a calorie deficit essential for shedding fat, but strength training also preserves muscle mass during fat loss, which is crucial for maintaining your metabolism. Additionally, exercise increases your metabolic rate, not just during the activity but also afterward, through the afterburn effect. It also improves hormonal balance by reducing cortisol, the stress hormone that can promote belly fat, and enhancing insulin sensitivity, which helps regulate blood sugar and fat storage.

Exercises can include strength training, walking, cycling, high intensity interval training, running, etc.- any movement that you love!

Below is an example of an exercise plan, but certainly personalise it to your capabilities and preferences, making sure to include different types of exercise which have different benefits.



Rest and Recovery

Overtraining can elevate cortisol levels, impact progress, and result in burnout. To prevent this, it's important to schedule 1–2 rest days each week, giving your muscles the necessary time to repair and recover. Incorporating active recovery activities, like light stretching or walking, can also help maintain mobility and support overall recovery.

Day	Exercise type	Example
Monday	Strength Training	Full-Body Workout (Squats, Rows, Planks)
Tuesday	Cardio (Steady State or HIIT)	30-Minute Jog or Cycling Session
Wednesday	Flexibility And Recovery	20-Minute Yoga or Mobility Session
Thursday	Strength Training	Upper body workout (Push-ups, rows)
Friday	Cardio (Steadystate or HIIT)	Swimming or HIIT session
Saturday	NEAT/Active Recovery	Walk, Light hike or playful movement (dancing)
Sunday	Rest or Gentle Stretching	Recovery Day

TIP: You can also include non-Exercise Activity Thermogenesis (NEAT) which are daily activities that are not formal exercise, but help you burn calories throughout the day. This could be taking the stairs instead of the lift, walking around the house while on calls, doing household chores like vacuuming or gardening. Aim for those 8,000–10,000 steps per day or add small bursts of activity throughout your day.

Mindset

The Body Transformation System prides itself on looking at the bigger picture. It's easy to dish out advice on how to eat and move, but if your mind is not in the right place then you're not going to reach your long term goals. Your physical, mental, and emotional wellbeing are essential. If you want sustainable results, then let's take a look at some holistic tools like mindset, sleep and stress management to elevate your results and transform your body from the inside too for long-term well-being.



Sleep

As you well know, sleep is essential for your wellbeing and the function of your body. The health benefits of sleep are endless, impacting not only your mood and cognitive functions but also your immunity and your weight. In fact, sleep is just as important as nutrition and exercise when it comes to weight management. Indeed, it regulates hormones like ghrelin and leptin which tell you when you're hungry or full and can lead to lower metabolic rate and weight gain. It also influences cortisol which is linked to muscle development and performance, leaving you too tired to workout and too tired to repair your muscles. So it's essential to prioritise enough good quality sleep. Create an environment and routine that will offer you 7 and 9 hours a night of good quality sleep.

Stress

Just like sleep, we know that chronic stress can be detrimental to our health. But it's also an important contributor to weight gain. The direct impact is reaching for sweet, fatty and salty foods for comfort, but there are also physiological effects that can be just as important. Stress creates the production of a hormone called cortisol, which will release sugar from your cells, into your bloodstream, in turn inducing the production of insulin. And we know that for fat burning, you need insulin to be completely depleted. So if you're chronically stressed, then you're not going to be able to burn fat, leading to increased abdominal fat.

So just like sleep, it's important to find solutions to alleviate stress for effective weight management. Rest, relaxation and good relationships are a good starting point.

Motivation

Before you start your journey, write down WHY you are starting this journey and WHAT you wish to achieve. Setting yourself a goal and breaking it down into smaller more manageable milestones helps you maintain momentum. Then, focus on overall trends and understand that fluctuations are normal. Weight loss is not linear, you will inevitably come across phases of "plateaus". What matters is the general trend in the long run. Finally, reward yourself and celebrate each milestone to reinforce your commitment to the journey.

Be Flexible: balanced eating is about enjoying a variety of foods while meeting your nutritional needs, empowering you to make informed choices that align with your personal preferences and lifestyle. Whether you're dining out, cooking at home, or planning meals on the go, make sure this programme adapts seamlessly into your daily life, supporting your well-being without feeling restrictive or overwhelming.

Listen to Your Body: Feeling excessively hungry or tired? Reassess your meals to ensure they include enough protein, fat, and fibre to keep you satisfied.



Tracking Your Progress

Tracking your progress is an essential part of any transformation journey. While the scale is a common tool for tracking weight loss, progress tracking isn't just about measuring fat loss—it's about understanding how your body is changing and how your habits are improving. By regularly monitoring your progress, you can stay motivated, identify what works, notice all improvements - not just the numbers on the scale, and celebrate your wins—both big and small.

Progress Photos

Photos provide a powerful visual record of your transformation, often showing changes that the scale or tape measure might miss.

How to do it:

Take full-body pictures, often from multiple angles, to track your progress. If you take a photo from your face up or of a specific section of your body, you will not be able to see the full progress. Our recommendation is front Facing Full Body, side Facing Full Body and from the Back Full Body.

Take your first set of photos before you start on day one, then once every week (same day and time) and finally at the end of the set weeks. These will help you clearly see progress over time. Be sure to date and save your photos!

Front and Back Full Body



Side Facing Full Body



Tips:

- Use the same well-lit location each time, using a plain background.
- Set your camera at waist height for a balanced perspective. Use a timer or ask someone to assist.
- Stand tall with relaxed arms at your sides. Avoid adjusting your body from a relaxed position—authenticity will make your progress more rewarding.

Remember, these photos are for you. Every change, no matter how small, is a step forward.

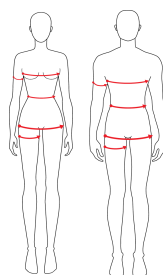
Measurements

When you're building muscle and shedding fat, the scale can sometimes be misleading. Muscle weighs more than fat, so while your weight might stay the same or even increase, your body composition could be improving significantly. That's why taking a variety of body measurements is an excellent way to track your progress more accurately and see the real changes happening in your body.

Just like your progress photos, take your first set of measurements before you start on day one, then once every week (same day and time) and finally at the end of the set weeks.

Taking Body Measurements:

- Waist
- Hips
- Chest
- Arms (Bicep)
- Thighs



Other tracking tools

Fitness levels, energy levels, mood, how clothing fits, sleep quality and self-esteem are all great other tools you can use to track your progress. Choose which one is right for your own personal journey! AND don't forget to celebrate each win!



Debunking Common Fat Loss Myths

“You Can Spot-Reduce Fat”

Truth: Your body loses fat proportionally across your entire body.

Solution: Combine fat-burning strategies with muscle-building exercises for a sculpted look.

“Eating Fat Makes You Fat”

Truth: Healthy fats (e.g., avocado, olive oil, nuts) are essential for hormone production and satiety.

Solution: Include healthy fats in every meal.

“Skipping Meals Helps You Lose Fat Faster”

Truth: Skipping meals can lead to blood sugar crashes, increased cravings, and overeating later.

Solution: Use structured eating methods like the 4-4-12 method for steady energy and fat-burning.

“If You’re Not Sweating, You’re Not Burning Fat”

Truth: Sweating is simply your body’s way of cooling down and doesn’t directly correlate with fat burning.

Solution: Focus on consistent movement and effort rather than how much you sweat.

“Fat Turns Into Muscle When You Exercise”

Truth: Fat and muscle are two completely different tissues and cannot convert into one another.

Solution: Fat is burned for energy when you’re in a calorie deficit, and muscle is built through strength training and adequate protein intake.

“The More You Work Out, The More Fat You’ll Burn”

Truth: Overtraining can lead to stress, fatigue, and elevated cortisol levels, which may hinder fat loss and lead to muscle breakdown.

Solution: Balance your workouts with rest and recovery to avoid burnout and support long-term results.

“You Need to Cut Out All Carbs to Lose Fat”

Truth: Carbohydrates are an essential energy source. Cutting out carbs completely can lead to low energy, cravings, and difficulty sustaining your plan.

Solution: Focus on complex carbs (e.g., whole grains, fruits, vegetables) and avoid refined sugars.

“You Can Out-Exercise a Bad Diet”

Truth: Exercise helps burn calories, but it’s nearly impossible to compensate for a poor diet.

Solution: Combine a balanced diet with regular movement for the best results.

“Healthy Foods Don’t Make You Gain Fat”

Truth: Overeating any type of food, even healthy options like nuts or avocado, can lead to a calorie surplus and fat gain.

Solution: Practice portion control, even with nutrient-dense foods.

“Fat Loss Should Be Fast”

Truth: Rapid fat loss often leads to muscle loss, hormonal imbalances, and a higher likelihood of regaining weight.

Solution: Aim for 0.5–1 kg of fat loss per week for safe and sustainable progress.

“You Have to Feel Hungry to Lose Fat”

Truth: Feeling excessively hungry can lead to overeating and poor adherence to your plan.

Solution: Focus on nutrient-dense foods that satisfy hunger without exceeding your calorie goals.

“Fat Loss Supplements Alone Can Do the Work”

Truth: Supplements can support your efforts, but they’re not a substitute for healthy eating and regular exercise.

Solution: Use supplements as part of a comprehensive plan that includes nutrition, movement, and lifestyle changes.

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Need more support?

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Community, education videos, recipes
and much more!

